SIMPLE HOME REMEDIES
IN
INDIAN MEDICINE

721 c

221 c

©
GOVERNMENT OF TAMIL NADU
1982

Published by
DEPARTMENT OF INDIAN MEDICINE
TAMIL NADU

[*Price*: *Rs.* 1.10

121C

PREFACE

India is one among the oldest which evolved and improved several fine arts and sciences. Indian Medicine is an art and a science. Thousands of years before the advent of Modern Medicine, Indian Medicine was prominently prevalent in our country. Various excavations, historical and literary evidences confirm this fact. When we go through the oldest cadjan leaf manuscripts and oldest books regarding Indian Medicine which were left by our ancestors, we can understand the superiority of our system of medicine in that that ones were having our own Fundamental principles Anatomy, Physiology, Pharmaceuticals, Surgery, etc.

The speciality in Southern India are Varmam, Muppu, Kattu, etc. Muppu and Kattu which are higher order in the preparation of medicine, are considered to be more effective in diseases and to maintain longevity of life. The best example for chemistry in the Indian Medicine is alchemy.

The System of Medicine followed in the South, especially in Tamil Nadu, is Siddha Maruthuvam. The System of Ayurveda is prevalent throughout India, the literatures of which are found in almost all the Indian languages. During the regime of the Moghuls in India, the systems of "Unani" was established and all the above three systems of Medicine are called the Indian Systems of Medicine which are gradually developing after Independence.

The Indian Systems of Medicine are rational as per this fundamental principles. Though these principles are not able to be explained in terms of the modern science, practically the results are astonishing. The principles of Vatha-Pitha and Kapha are relevant in the diagnosis and administration of medicine. For example the principle of Kapha is said to be the destructing factor. During life also it

destructs, but in proportion to other two principles (Vatha and Pitha). During death, that is, when a man is dying, practically we are able to see that phlegm accumulates on the base of the lungs and makes the patient dyspnoeic and die. This is the effect of the destructing principle, the Kapha. Hence, the principles of Indian Medicine are rational, though they are not able to be explained in terms of modern science fully.

Unlike in other systems of Medicine, medicine is not a separate entity. It is part and parcel of our daily diet and our hygenic principles start from our daily ablutions, community ceremonies, etc. So Indian Medicine starts from our kitchen and that is why diet restrictions are strictly enforced in the practice of these systems of medicine. The following examples may be observed.—

1. We add perungayam (Asafoetida) for dhal to counteract production of "Vayu" (Gas).

2. We add Garlic ("Poondu") for some variety of fish for the same purpose.

3. We add Pepper Powder (Milagu) to egg preparations as an antidote as well as to counteract the production of "Vayu" due to indigestion.

4. We take cane sugar along with groundnut in order not to induce "Pitha".

In olden days majority of our people in our villages know our system of medicine. They were able to cure minor ailments with the available herbs around their surroundings and with diet articles in the house like, Seeragam, Milagu, Poondu, Perungayam, Vengayam, etc. The hygienic principles, adopted by them are wonderful preventive measures. In course of time majority of the hygienic principle become community ceremonies.

Fasting, otherwise called "Viradham" has more or less become a ceremony. Fasting gives rest to the digestive system. After fasting, "Agathi" greens are cooked and taken to end of the fasting. This habit has got a scientific bearing. After fasting, "Pitham" will be increased. To bring "pitham" to its normal state, cooked agathi greens are being taken.

In puranas, Lord Ganapathy who swallowed "Analasuran" was said to have suffered heat radiation due to "Analasuran". To suppress the heat, Lord Ganapthy, asked Devas to garland him with "Arugampul" which has got the property of quenching heat. So, we can quote as many incidences in puranas regarding our system of medicine.

So, we have taken the task of educating the general public in healing minor ailments with the available resources in and around their residence. For that purpose, we submit this small booklet to the public on behalf of the Department of Indian Medicine with the belief that this booklet may be useful to some extent at least to very small ailments of day to day nature.

Let the Indian Systems of Medicine flourish in the hands of all.

DEPARTMENT OF INDIAN MEDICINE

TAMIL NADU.

371B-2—1A

SIDDHA.

Fever.

For ordinary fever and intermittent fever the following decoction may be administered :—

Preparation—

Take Nilavembu (Chiratta) leaves 15 gms. add 40 ml. of water, boil and reduce to 50 ml. and filter.

Dose : 50 ml. 2 times or 3 times a day.

If fever is accompanied with body pain, 10 gms. of Arathai (Galanga the lesser), 2 gms. of MILAGU (pepper) and 2 gms. of CHUKKU (Dry ginger) may be added for the above preparation. But the quantity of water to be increased proportionately.

If cough is present with fever, 15 gms. of Adathodai Leaves (ADATHODA VASICA) may be added with the preparation.

Cough.

(*a*) Take three leaves of Adathodai (ADATHODA VASICA) cut them into small pieces, and put the pieces into a vessel. Add two teaspoon full of honey and fry the content until some pleasent smell comes. At that stage add the following coarsely powdered Athimathuram (Jamaica liquorice) 2 gms., Thippli (Piper longum) 1 gm. Thalisapathri (Flucourtia calaphracta) 1/2 gm., Chitharathai (galanga the lesser) 1/4 gm., then add 1/2 litre of water and boil, reduce to 60 ml.

Dose : 30 ml. two times a day.

(*b*) Take 250 ml. of water. Add the following drugs, Adathodai leaves (Adathoda Vasica) three numbers, Kandankathiri leaves (Solanum Xanthocarpum) five numbers. Thulasi (holy basil) leaves five numbers Thoothuvalai (Trilobatum) leave ten numbers and 3 gms. of Athimathuram (Jamaica liquorice) after roughly powdering them boil and reduce into 60 ml.

Dose : 30 ml. two times a day with honey.

(*c*) 10 gms. of the root of Thoothuvalai (Trilobatum), grind with Cow's milk and to be taken in the morning.

(*d*) Adathodai levaes juice 60 ml. (ADATHODA VASICA), Finely powdered Milagu (pepper) 6 gms. and Perungayam (asafoetida) 1 gm. mixed all and take in the morning and evening.

(*e*) For chronic cough, it will give relief when 2 gms. of chooranam (powder) which is made out of equal quantity of Kadukkai (Chebulic myrobolan, Ink nut) and 'Thippli" (Piper longum) is administered in honey twice daily.

Iraippu—Erumal—(Bronchial Asthma).

(*a*) Keep 100 gms. of wheat in a mud pot, pour VEL ERUKKUN PAL (Milk of Clotrpin gigantiea—White) and leave for a day and dry the same on next day, then fry and powdered it, administer a pinch from this, rolling with this in a betal leaf. No diet restriction.

(*b*) Combine 2 Nanjaruppan (Tyolophore Indica) leaf and two numbers of milagu (Pepper) and a piece of Chukku (Dry ginger) to be taken in the morning along with milk.

(*c*) Dried Oomathai flower (Datura alba) and make it as a cigar then Smoke.

NOTE.—If giddiness is noticed, avoid this method.

Dry cough.

Keep a piece of Athimathuram (Indian Liquorice) and two numbers of MILAGU (Pepper) in the mouth and swallow the saliva.

Head-ache.

(*a*) For running nose, head-ache, boil Nochi leaves (vitex nigunku) in the water and place red hot brick on it. The vaper is inhaled by covering the body with a blanket.

(*b*) Juice of Thumbai flower (Leucus) 2 drops may be instilled in nostrils which will produce sneezing, after which head-ache (due to cold) will be relieved.

(*c*) Produce smoke by putting Omam (Carum Copticum) Milagu (pepper) Poondu thole (rind of the garlic) in fire and in hale the same.

Flatulance due to in-digestion.

(*a*) Omam (Carcum Copticum) 35 gms. Milagu (pepper) 35 gms. and fried. Combine this with palm jaggery and grind.

Dose : Betal nut size, morning and evening.

(*b*) Poondu (Garlic) Milagu (Pepper) Karlisalai leaf (Eclipta Alba) in equal parts. Grind and administer twice daily in betal nut size.

Dysentery.

(*a*) One Mangoosthan (Mangostain) fruit can be taken twice a day.

(*b*) Powdered the dried mango nut.

Dose : One teaspoonful with Butter milk two times a day.

(*c*) Powder of Vetpalai seeds (Wrightiatimctoria).

Dose : One Teaspoonful with honey two times a day.

(*d*) Powdered the kadukkai thole (Rind of the Terminatia Chebula).

Dose : Two gms. with honey.

(*e*) Mathulampazhathole (rind of the pomegrantate) 10 gms. Mangoosthan Pazha thole (rind of the Garcinia mangosthan) 10 gms. Lavangam (clove) 4 gms.

Kasakasa (opium poppy seeds) one teaspoonful.

Powdered the above drugs coarsely and boil with the 250 ml. of water and reduced to half and filter.

Dose : 30 ml. two times a day.

(*f*) Extract milk from half of a coconut, and mix 10 gms, of Kasukkatti (catechu) and administer two times a day.

Vomiting.

(*a*) Soak Seeragam (Cumin seed) in the lime juice and dry. Then powder the seeragam nicely.

Dose : 500 mg. two times a day with honey.

(*b*) Burn vasambu (acorus calamus) until it becomes coal and powder.

Dose : 200 mg. with honey.

(*c*) Take equal quantity of juice of Mathulam Pazham (Pomegranat fruit) and cane sugar. Boil till it becomes a syrup. Administer one teaspoonful twice daily.

CONSTIPATION.

(*a*) Soak ten gms. of dried Drakshai (Grapes) in water for some time and crush the Drakshai and take it at bed time.

(*b*) Take five-numbers of Seemai Athippazham (Country fig) at bed time.

(*c*) Take papaya fruit either with food or separately (except pregnant ladies.)

(*d*) Soak 5 gms. of Nilavarai leaves (Indian senna leaves) in 120 ml. of water for sometime, and make it as a decoction (30 ml.) and filter it and take it at bed time.

Fever with thirst.

Boil 5 gms. of Alpagoda pazham (Prunus communis) in 480 ml. of water, reduce to quarter, filter and administered with sugar, quantity sufficient at bed time. It acts as a Laxutive also).

Piles.

(*a*) Take three numbers of Kadukkai (Terminalia chebula) ink-nut and powder finely. Add three teaspoonful of caster oil and take it at bed time.

(*b*) Flesh of Nathai (Snail) may be cooked and take it.

(*c*) Green leaves of Thuththi (Abutilon indicum country mallow) may be cooked and taken. Raw green leaves may be grinded and applied externally for piles.

(*d*) Milagu one part (Pepper) Thippili 2 parts (piper longum); Chukku (Dry ginger) 3 parts; kattu karunai kizhangu (wild Amorphophalus 16 parts powdered the above drugs nicely.

Dose : Two teaspoonful twice daily with sugar.

Jaundice.

Equal quanity of the whole plants of Keezha Nelli (Phyllanthus niruri) and Karisalankanni (Eclipta Alba) to be grinded and mixed with goat's milk.

Dose : 5 to 10gms. twice daily with butter milk.

NOTE.—Salt free diet.

Biliousness.

Take Kothamalli Vithai (Coriander seeds) 10 gms. Chandanam (Sandalwood powder) 10 gms. Nelli Vatral (Dry form of Indian Goose berry) 10 gms, add sufficient quantity of water and boiled reduced one-fourth.

Dose : One oz. twice daily.

White discharge.

Five drops of Chandana Athar (Sandalwood oil) to be taken with Peyan Vazhaippazham (Plantain) twice daily.

Burning micturation.

Take Nerunjil (Small caltropal) 10 gms. Neermulli (Hygrophilla spinosa) 10 gms. Surai Vithu (Seeds of bottle-Gurd) 10 gms. and powdered them coarsely and boiled with 250 ml. of water reduced 1/4.

Dose : 60 ml. twice daily

Polyurea.

(*a*) Take dried flowers of Avarai (cassia curi culatu), the tanners cassiae, 15 gms. and prepared decoction with sufficient quantity of water.

Dose : 60 ml. two times a day.

(*b*) Juice extracted from Kodippagal kai (Bitter gourd) and to be taken in doses of 1/2 oz. twice daily.

Scabies and itches.

(*a*) Juice of Kuppaimeni leaves (Acalypha Indica) with common salt may be applied externally.

(*b*) Soak one part of Karbogi Arisi (Psoralia corylifolia) in four parts of coconut oil and apply the oil externally for skin infection.

(*c*) Grind Arugampul (Cynodon daetylon) with a piece of Turmeric and apply externally for skin infection.

Padarthamar :i (Ringworm Infection).

Extract juice from the poods of Poovarasam (Thespesia piopulrea) and apply externally.

Dandrift.

(*a*) Grind Kattu seeragam (Vemonnia anthelmintica with lime juice and apply on the head.

(*b*) Take equal quantities of Kichilli Kizhangu (curcuma Zedoaria) manippungan Kai (seeds of sepaidus trifoliates) and Kasthuri-Manjal (Curcuma aromatica), grind with water and supply on the head and take bath.

Hair Tonic.

Take Nellikai (Indian goose berry) juice 2 litres; Buffalo's milk, 2 litres; and gingelly oil 1 litre; boil up to thaila bagam and filter it, apply to the hair daily.

Corn.

Take one bit of copper sulphate and rub on the corn, there will be a bleeding. To arrest the bleeding apply turmeric powder.

Fisher in the foot.

Apply the milky juice from the Arasamaram (Peepul tree) on the fishers regularly.

Rat bite Poison.

Take equal quanity of Erukkanpal (Dry milky juice of calatropis Gigantida) and milagu (Pepper) finely powder.

Dose : 200 mg. with palm jaggery two times a day.

NOTE.—Salt free diet is necessary.

Stomach ache.

Take Athimathura pal (Extract of Indian liquorice) 1/4 to 1/2 oz. two times a day before meals.

Excess heat.

(*a*) Take Thazhampoo (Pandanus adoratissimus) 1 add 1/2 litre of water and reduce 60 ml. by boiling and give it twice a day (or) this may be administered in Manappagu (syrup) form.

(*b*) Palm Jaggery 10 gms. and Seerakam (Cumin seeds) 10 gms. boil this in a tumbler of water.

Dose : 1/2 oz. to 1 oz. two times a day.

Inflamation of Buccal cavity.

(*a*) 1/2 to 1 teaspoonful of Manathakkali (Solanun-rubrum) juice can be given twice a day.

(*b*) Athipal (Milky juice of country fig) may also be used.

Burning sensation of the Eyes.

(*a*) Grind Maruthondri leaf (Lawsonia alba) and bandage it in the foot. If this is done during samll pox infection the ailment will not affect the eyes.

(*b*) Add breast milk with castor oil and instill two drops in the eyes.

Blood pressure.

(*a*) Sarbhagandha choornam (the powder form of Roulphia serpentina) of 500 mg. to be taken two times a day.

(*b*) Avarai Pinju (Dolichos Lablab) can be taken as a diet.

Menorrhagia.

(*a*) Juice of Asok bark (Saraca Indica) ground with Curd; 1/4 to 1 teaspoonful may be given two times a day.

(*b*) Juice of Thennamboo (Coconut flower) may also be used.

(*c*) Athipinju (Country fig-tender) juice 1/2 to 1 oz. two times a day.

(*d*) Naval pattai juice (Bark of the Jambul) 50 ml; milk 50 ml. mixed both and take it twice daily for a period of ten days.

Leucorrhoca.

(*a*) Asok Pattai (Saraca Indica) 20 gms. is added with 200 ml. of water and reduce to 60 ml. by boiling.

Dose : 60 ml. two times a day.

(*b*) Avaram pattai (Bark of the cassia aruiculata) 20 gms. may also be used as above.

Lokhia.

(*a*) Mix Kollu (Horse-gram) with water in the proportion of 1:10 boil and reduced.

Dose : 30 ml. two times a day.

Lactation.

(*a*) Slightly fried kattar-manakku (Jairopha Carcus) leaves and bandage the same on the breast.

(*b*) Take Amman Pacharisi kalkam (Grinded from Euphorbia pilulifera) 10 gms. with milk twice a day.

Pain in the breast due to accumulation of milk.

Mallikaipoo (Jasmine) or Veppilai (Neem) leaves may be bandaged on the breast.

Mantham.

(*a*) Veliparuthi (Dalmia Extena) juice 15 drops to be mixed with one teaspoonful of castor oil and can be given in the morning.

(*b*) Nochi (viltex nigunku) Nuna (Morinda tinctora) Poduthalai (Leppia Nodiflora) is taken in equal parts (5 gms.) and 60 ml. of water and reduce 15 ml. by boiling can be given in one teaspoonful dose three times a day.

(*c*) Take 50 ml. of water add 2 gms. of perungayam (Ferula asafoetida) and dissolve it. Administer 3 teaspoonful of solution with 5 drops of oma thanneer (distilled from carum rox burghianum) two times a day.

Diarrhoea during dentition.

Two teaspoonful of grape juice to be administered twice a day.

Worm Infestation—Children.

Administer 5 gms. of finely powdered of Vaividangam (Embellia ribes) at bed time with milk.

Oral Poisoning.

Grind 5 gms of Avuriverpattai (the root bark of Indico ferra) and 5 gms. of Milagu (Pepper) with water quantity sufficient and administer it twice daily.

AYURVEDA.

Pyrexia (Fever).

1. Decoction of Mollugo herb (parpadakapul) relieves pyrexia–50 ml.

2. Tinospora (seenthilkodi) decoction with some black pepper powder will relieve chronic fevers —50 ml. and 3 grams.

3. Sacred basil leaf (tulasi) juice and Lucas (tumbai) leaf juice along with some blacks pepper powder will cure periodic fevers—two teaspoon and 3 grams.

Coughs.

1. Take the decoction of Adhatoda roots with some honey and powder of long pepper—50 ml. with 3 grams and one teaspoon honey.

2. Ginger juice with honey is also a good remedy—Half teaspoon with one teaspoon honey.

3. Take about 250 mg. of chebilic (Kadukkai) myrobalan powder with some honey or equal quantity of liquorice root powder (Athimadhuram). It cures cough with inflamed throat.

4. Leucas leaf (tumbai) juice with honey is useful in whooping cough —Half teaspoonful with half teaspoon honey.

Hiccup.

1. Give powder of carbonized peacock feathers (Mayil iragu) with some honey. Hiccup will stop immediately—One gram and 1 teaspoon.

2. Liquorice powder and long pepper powder in equal amount given with sugar will relieve hiccup—Each three grams.

Diarrhoea.

1. Take the pulp of Bael fruit (bilva) along with some sugar to relieve Diarrhoeas accompanied by stomach ache—3 grams.

2. Mix equal volumes of yellow wood sorral leaf (puliyarai) Juice and butter milk and boil. Add 3 gms of Ajowan (omam) powder. It cures diarrhoeas and dysentery—2 teaspoon.

3. Take powdered nut gall (masikkai) and mix with some honey 1 gram. Three doses will cure diarrhoeas and dysentery in children.

1. Take Nutmeg (Jadikkai) and tender mango leaves in equal parts by weight and make decoction. This is to be given with honey 2 teaspoon.

2. Powder of nut grass tubers (korai kizhangu) and Aswagand tubers (amukina kizhangu) in equal quantity is given with honey—1 Teaspoon.

3. Long pepper (aristipili) ground with milk is to be given for three days to treat chronic dysentery—2 grams.

Emesis (Vomiting).

1. Take powdered coriander (daniya) or cardamom (elakkai) with tender coconut water—2 grams.

2. Give some quantity of coriander powder with rice washed water and sugar candy to cure morning si ckness—5 grams in 50 ml.

Anurea.

Grind cucumber (vellarikkai) seeds in tender coconut water. Three doses daily shall be given—1 teaspoon with 100 ml. coconut water.

Constipation.

1. Take castor (amanakku) root decoction with cow's milk and sugar in the morning in empty stomach—Each 50 ml.

2. Grind castor root with some butter into fine II paste, Apply a little on the tongue of infants to relieve constipation—1 gram.

Leucorrhoea.

Give fenugreek seeds (vendayam) cooked in the juice or decoction of asparagus roots or in milk—2 teaspoon with 100 ml.

Epileptic fits.

1. Juice of Bacopa herb (brammilai saru) along with some honey should be taken in epileptic fits—2 teaspoons with 1 teaspoon honey.

2. Powder of sweet flag rhizome (vasambu) with honey is also a good remedy. Cow's milk with cooked rice shall be given during treatment —3 grams and 1 teaspoon honey.

Boils.

1. Grind margosa leaf (veppilai) and turmeric (Manjal) into a paste and apply externally.

2. Grind banana flower into a paste and apply externally.

3. Rub the seed of date fruit (per-champazha kottai) with a few drops of water on a clean surface. Apply the paste on boils near the eye or on eyelids (stye).

Premature ejaculations and nocturnal emissions.

1. Take sandal wood paste along with the juice of Asparagus roots (Thanneer Vittan) (5 grams with 50 ml. Juice).

2. Take equal amount of liquorice (athimathuram) and sandal wood powder with some honey. Take at bed time (Each 3 grams with 2 tea-spoon.)

Emaciation and Weakness.

Take 10 grams powder of Aswagand roots with some milk and sugar or with gingelly oil. Regular in take will remove fatigue and weakness and it is an anabolic.

Nasal Bleeding.

1. Grind emblic myrobalans and fry in a little ghee and apply the paste on top of the head. It is highly cooling and the eby stop nasal bleeding.

2. Use fine powder of mut galls as snuff once or twice.

3. Use finely powdered raw lac as snuff once or twice, This is a good remedy.

Otorrhoea—Pus in the Ear.

1. Put a little gum guful on cinders and let the aromatic fumes enter the ear.

2. Mix a little honey with jasmine leaf juice and use as ear drops —4 drops.

Ear Ache.

1. Boil drum stick bark juice with gingelly oil and allow to cool when tolerably warm—Use as ear drops (4 drops).

2. Take yellowed leaves of Mudar (erukkilai) and grind with ghee warm it and squeeze the warm juice into the ear. (4 drops).

Tooth Ache.

1. Use long pepper powder with some glue for brushing cleaning the teeth.

2. Grind fenugreek seeds (vendayam) with egg albumin into a fine paste and apply on the cheek (10 grams).

3. Gargle with ginger juice mixed with honey.

4. Gargle with a decoction of drum stick root juice and Mustard 100 ml. (10 grams Mustard).

Head Ache.

1. Grind cleaning nut (tetrankotai) in egg albumin and apply externally.

2. Boil emblic myrobalam (nellikai) in milk, grind with some ghee. Apply externally.

Burning—Sensation in—Soles.

Grind henna leaves (Marudhani) with the juice of bottle gourd (surakkai) or lime juice and apply on soles.

Nagasuthi (Paranochia).

1. Take yellow orpiment powder (manosilai) and mix with some lime juice and apply.

2. Dissolve some salt in water and rub chebulic myrobalan in it on a rough clean surface and apply.

Burns and Scalds.

1. Drop lime water in a continuous Dhara (Stream) over the area.

2. Drop juice of screw pine leaves (thazambu) in a continuous stream (Dhara) over the area.

Bites and Stings.

Dog Bite.—Grind bark and root of sage leaved alangium (angola pattai) and take about 5 grams every day for 40 days with milk.

Cat Bite.—1. Rub antlers of deer in the juice of Acalypha herb (kuppaimeni) and apply it over the bite.

2. Rub asafoetida (perungayam) in Eclipta herb (karisalanganni) juice and apply at the site of the bite.

Rat Bite.—Take 5-10 gms. of drumstick bark with cow's milk for three days in empty stomach in the morning. Take salt free diet, preferably rice with milk.

Scorpion Sting.—A 1. pase of tender leaves of pungai is mixed with butter milk and poured in a stream at the spot of bite.

2. Use solution of common salt as eye-drop.

3. Sprinkle turmeric powder on cinders and fumigate the stung site.

Spider Sting.—Grind leaves of sacred basil with fresh turmeric and apply on the site and also give internally.

Centipede Sting .—Mix some lime with saliva and apply externally.

Lizard Bite .—Grind equal quantity of indigo roots (Avuri) and Indian Sarasaparilla (nannari) Mix with juce of fresh turmeric and take internally. Each 5 grams with 1 teaspoon juice.

Poisoning.

Datura Poisoning.—Give liberal quantity of milk with sugar.

Camphor Poisoning.—Give decoction of coriander (Dhaniya) in liberal quantities with some sugar.

Excess intake of oils.—Give decoction of gently fried ajowan (aomam)—2 teaspoon.

Excess intake of lime.—Grind betalnut in water and give. Also administer liberal amount of ghee.

Marking Nut.—Decoction of Beleric Myrobalan (Tannikkai) should be given internally, the paste of the same is to be applied externally on the affected area. Internal Dose 30 ml.

UNANI.

Unani system of medicine is one of the oldest indigenous system of medicine alike Ayurveda, Siddha. It is popular throughout India.

The following Household Remedies are common, cheap and effective :—

1. Sue-a-Hazam (Indigestion).	(*a*) Sounf (Sombu) Sugar.	Powder the ingredients in equal parts, ½ teaspoon to be taken twice a day after food.
	(*b*) Adrak (Inji) Namak (Uppu).	Make Adrak into small bits 2 gms. of adrak with a pinch of salt to be taken after food.
2. Khabz (Constipation).	(*a*) Ispaghoul (Ispaghoul).	One teaspoon of Ispaghoul to be soaked in ½ a cup of water for 2 hours Luab-e-Ispaghoul to be taken at bed time
	(*b*) Sana leaves (Nilaverai) Sugar. ..	5 gms. of sana leaves to be boiled in 50 ml. of milk and filtered. The filtrate to be mixed with sufficient quantity of sugar and to be taken on empty stomach early in the morning.
3. Khula (Thrush)	Berg-e-Kishniz Sabz. (Kothumalli) ..	5 grams to be chewed for 5 to 10 minutes.
4. Ishal (Diarrhoea).	Amila (Nellikai) Sugar. ..	12 nos. soaked in sufficient quantity of water over night. Boil it and make paste without seeds. The paste to be added to the khivam of sugar. ½ to one teaspoon to be taken twice a day.

5. Sual (Cough)	(*a*) Asal-e-soos (Adimathuram) Sugar. ..	10 grams of Asal-e-soos with 5 grams of sugar to be powdered. 5 grams of powder to be taken thrice a day with water.
	(*b*) Chilbeenj (The-trankottai) Honey.	5 grams of chilbeenj (fried and powdered) mixed with sufficient quantity of warm honey. ¼ teaspoon to be taken twice a day.
6. Khafkhan (Palpitation)	Kishniz-e-Khusk (Dhanya) Arkh-e-Gulab (Rose Water). ..	5 grams of Kishniz-e-Khusk in ½ cup of Arkh-e-Gulab to be soaked overnight and filtered in the next morning. ½ cup of filterate to be taken with a pinch of sugar early in the morning.
7. Iruqunnisa .. (Sciatica).	Suranjan (Suranjan) Sanna (Nilaverai).	5 grams of suranjan with 3 grams of sanna to be powdered. 3 grams of powder is mixed with honey and taken thrice a day.
8. Sailanur Raham (Leucorrhea)	Saboos-e-Ispaghoul (Ispaghoul ummi).	10 grams of saboos-e-Ispaghoul with sufficient quantity of honey to be taken twice a day.
9. Hurkath-e-bole (Burning mictu-ration).	Dry Kharkhask (Nerunji Mullu).	15 grams of Dry Kharkhask soaked in 3 cup of water over night. Boil and filter it next morning. ½ a cup of filterate to be taken with a pinch of sugar twice a day.
10. Ashoob-e-Chasam (Conjunctivitis).	Phattakadi (Padigaram) Arkh-e-Gulab (Rose water).	½ gram of Phattakadi is made into one powder and mixed in 100 ml. of Arkh-e-Gulab and filtered. Two drops to be instilled in each eye twice a day.

11. Vajaul Asnan (Tooth Ache)	Tambakoo (Pooyalai 10 grams) Siahmirch (Milagu) 2 grams	Powder the ingredients use as tooth powder.
12. Hicca (Scabies)	Berg-e-Neem (Veppelai fresh) Honey.	15 grams of Berg-e-Neem is boiled in $\frac{1}{2}$ cup of water and filtered. $\frac{1}{2}$ a cup of the filterate to be taken with honey twice a day.
13. Vajaul Meda (Abdominal pain).	Namak-e-Hizim .. (Appam soda) 6 gms. Illahi Dane (Ellaikai) 2 gms.	Both to be powdered final and 3 grams to be taken twice a day with water.
14. Haraq (Burns)	And-e-ki-Safeedi (white of an egg).	Apply externally over the burns.
15. Be-khabi (Sleeplessness).	Khaskhas safeed 10 gms. (Kasakasa Regane-Kunjad (Nalla Ennai)	Soap khaskhas safeed in 50 ml. of Rogan-e-kunjad over night. Boil, cool and filter it. Apply externally to the head at bed time.
16. Zoaf-e-Bah .. (Sexual Debility).	Singhada 15 gms. (Singhada) Misri (Kalkandu) 15 gms.	Both to be powdered and 5 gms. to be taken with butter twice a day.
17. Yerkhan (Jaundice).	Tukm-e-Kasni 5 gms. (Kasni virai) Gul-e-Surkh 15 gms. (Rojappu)	Both to be soaked $1\frac{1}{2}$ cup of water over night. Boil and filter it. 1/2 a cup of filtrate to be taken twice a day.
18. Bawaseer (Piles)	Murrab-e-Haleela (Kadukai Murraba) 15 grams. Murabe Amila. 15 gms.	Mix all the three in to a fine paste by grinding.
	(Nellikai Murraba) Gulkband 15 gms. (Gulkhand).	10 grams to be taken twice a day.

19. Huma (Fever)	Gulbail 15 gms. (Seendilkodi)	Soak $1\frac{1}{2}$ in cup of water over night, boil and filter it next morning $1\frac{1}{2}$ a cup of the filtrate to be taken twice a day.
20. Deedan (Intestinal worms).	Bavu Badang (Bai Badang) 5 gms.	.. Powder it and take 2 grams twice a day.
21. Zaheer (Dysentry).	Posth-e-Mongusthan (Mongusthan thol) 10 grams.	Dry and powder it. Take 5 grams of powder with butter twice a day.

AQUAL-E-ZAREEN (GOLDEN SAYINGS).

1. "Prevention is better than cure."

2. "Cleanliness is next to Godliness."

3. "Half stomach food—Quarter stomach water—Rest of the stomach empty" Keep the Doctor away.

4. "Avoid intercourse on an empty stomach and after full meal."

5. "After lunch sit a while and after dinner walk a mile."

6. "Early to bed and early to rise, makes a man healthy-wealthy and wise."

GOVERNMENT BRANCH PRESS MS. 112